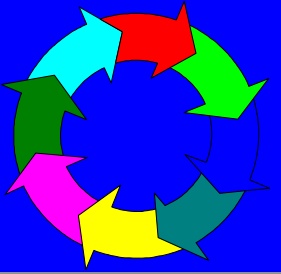




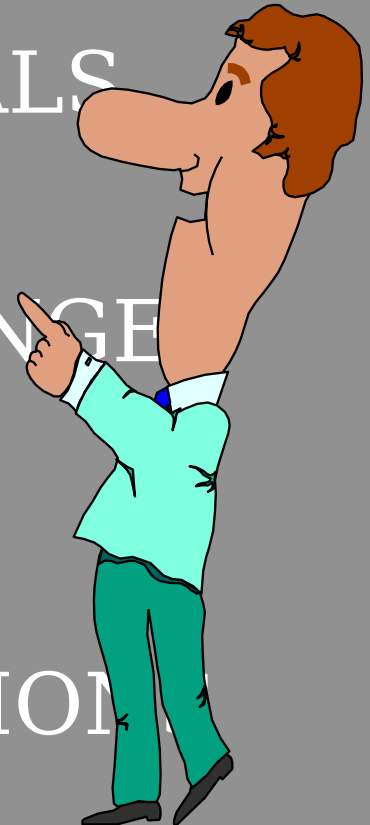
AUTUMN OFF-DUTY SAFETY BRIEF





RISK MANAGEMENT

- ID HAZARD(S)
- ASSESS EACH RISK & WHAT CONTROLS - MITIGATES THAT RISK
- WEIGH RISK VS MISSION GOALS
- IMPLEMENT CONTROLS
- MONITOR FOR DESIRED CHANGE
- RISK UNCHANGED OR NEW RISKS COME UP, EVALUATE & REATTACK WITH NEW SOLUTION



FALL FISHING CAN BE DEADLY

- **LET SOMEONE KNOW WHERE YOU ARE GOING & WHEN RETURNING**
- **WEAR A PERSONAL FLOTATION DEVICE**
- **DRESS APPROPRIATELY**
- **ENSURE BOAT AND EQUIPMENT ARE IN PROPER WORKING ORDER**
- **IF BOAT CAPSIZES STAY WITH BOAT**



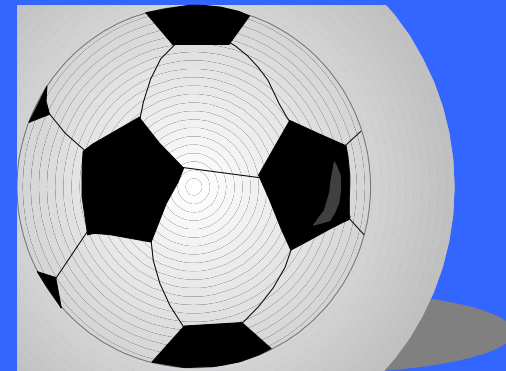
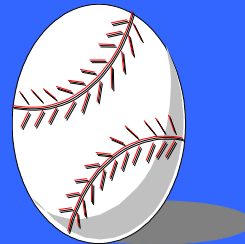
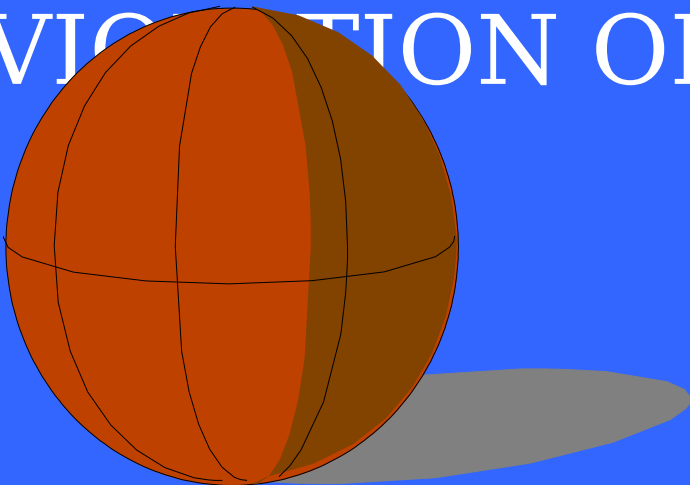
CAMPING SAFETY

- CHECK WEATHER FORECASTS BEFORE YOU LEAVE
- WATER-REPELLANT AND WIND-RESISTANT MATERIAL FOR TENTS AND SLEEPING BAGS
- WEAR PROPER FITTING LAYER CLOTHING, BOOTS & CAP
- INSECT REPELLANT AND MOSQUITO NETTING
- COOLER FOR PERISHABLE FOODS
- NO COMBUSTIBLE MATERIALS WITHIN 10 FEET OF CAMPFIRE
- STAY ON MARKED TRAILS



SPORTS INJURIES CAUSES

- ◆ POOR CONDITIONING
- ◆ INADEQUATE ABILITY AND SKILL
- ◆ LACK OF PROTECTIVE EQUIPMENT
- ◆ VIOLATION OF RULES



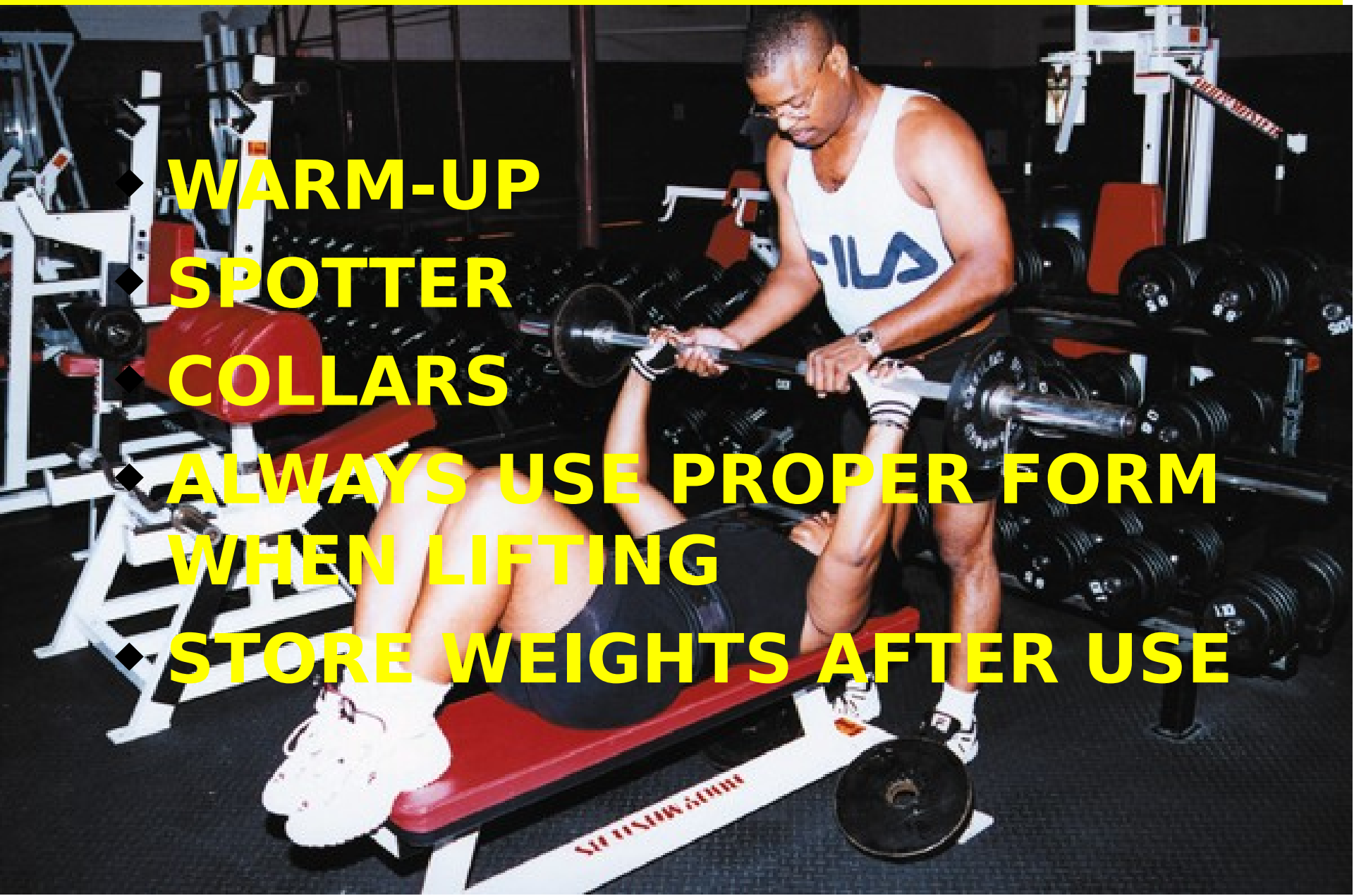
MOST COMMON SPORTS INJURIES

- ◆ Sprained Ankle
- ◆ Twisted Knee
- ◆ Bruises & Contusions



WEIGHT LIFTING

- ◆ WARM-UP
- ◆ SPOTTER
- ◆ COLLARS
- ◆ ALWAYS USE PROPER FORM WHEN LIFTING
- ◆ STORE WEIGHTS AFTER USE



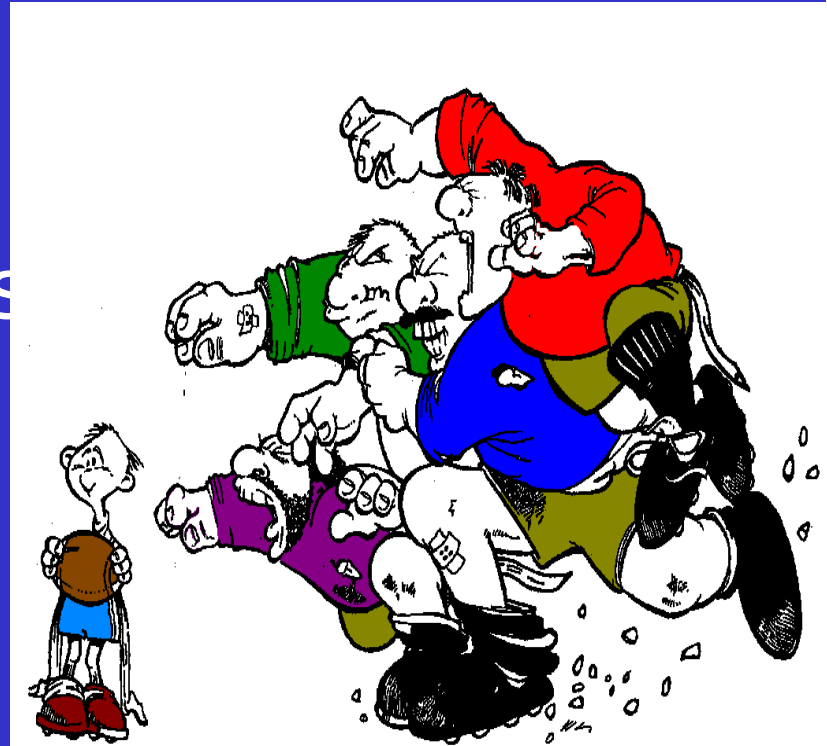
BASKETBALL

- ◆ It's play not the NBA
- ◆ Play at your skill level
- ◆ Warm-up
- ◆ Remove jewelry
- ◆ Appropriate shoes
- ◆ No horseplay



FLAG FOOTBALL

- ◆ It's NOT the NFL
- ◆ Play at your skill level
- ◆ Warm-up
- ◆ Remove jewelry
- ◆ Wear appropriate shoes
- ◆ No horseplay



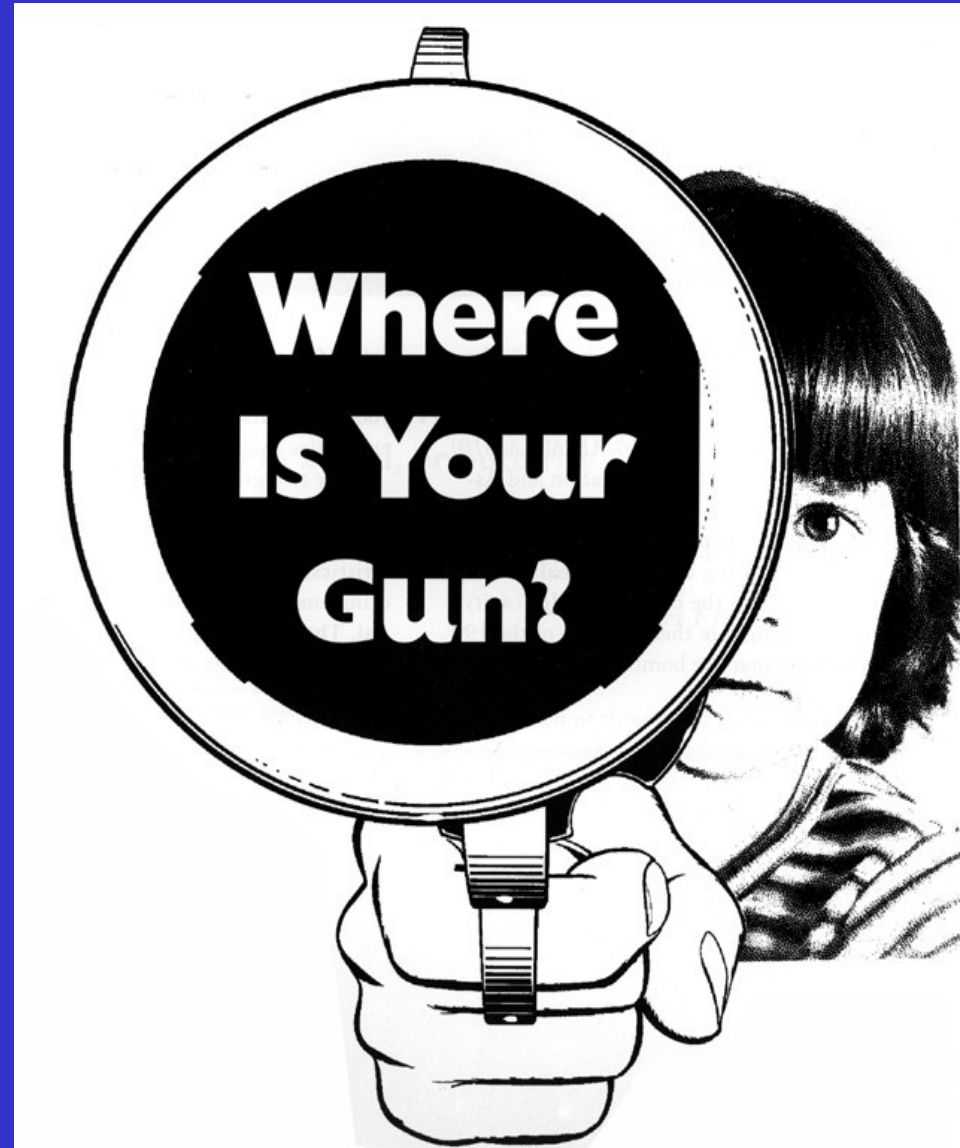
SOCCER SAFETY

- **ENSURE YOU STRETCH ADEQUATELY**
- **GOAL POSTS ANCHORED**
- **WEAR APPROPRIATE SHOES**
- **SHIN GUARDS**
- **DRINK PLENTY OF WATER**
- **NO UNSPORTSMAN LIKE CONDUCT**



SMALL ARMS SAFETY

- *TAKE A GUN SAFETY COURSE
- * SEPARATE GUNS AND AMMO
- *LOCK UP YOUR GUNS
- *ASSUME FIREARMS ARE LOADED
- * BE SURE OF YOUR TARGET



PREVENT HUNTING MISHAPS

- 
- A hunter wearing a bright orange safety vest and blue pants is shown in profile, holding a rifle. The scene is set in a field during sunset or sunrise, with a warm, golden glow in the background. The hunter's shadow is cast on the ground.
- HUNTER'S SAFETY COURSE
 - WEAR BLAZE ORANGE
 - SEPARATE GUNS AND AMMO
 - IF IN DOUBT DO NOT SHOOT

CARBON MONOXIDE THE SILENT KILLER

- INSTALL A CARBON MONOXIDE DETECTOR
- FOLLOW MANUFACTURER'S RECOMMENDATIONS FOR PLACEMENT
- TEST THE DEVICE MONTHLY
- REPLACE THE DETECTOR OR BATTERY AS RECOMMENDED



HALLOWEEN SAFETY TIPS

- **ADULTS:**

Remove tripping hazards from your entry way

- Patrol your streets to deter malicious mischief
- Report suspicious or criminal activity
- Candlelit jack-o-lanterns should be kept clear of door steps and landings
- Consider flash lights instead of candles

- **MOTORISTS:**

- Drive with extreme caution
- Avoid unnecessary vehicle travel
- Look before you back-up

- **PET OWNERS:**

- Don't leave your pets in the yard
- Don't feed treats to pets; chocolate is toxic to a lot of animals
- Dressing up your pets can be very hazardous for them
- Keep pets away from doors

- **CHILDREN/PARENTS:**

- Never trick-or-treat alone
- Carry a flash light and cell phone
- Wear bright, reflective costumes
- Costumes and wigs should be non flammable
- Cross streets at corners, never cross between parked cars
- DO NOT accept rides from strangers
- Avoid walking through alley ways, parks or back yards
- DO NOT go inside a stranger's home
- Determine a curfew time
- Inspect all treats for both intentional and unintentional hazards; discard all unwrapped or home made treats

Have children eat a good meal before they leave to discourage eating treats before they get home

- Teach the difference between tricks and vandalism



**And for all of you who are old
enough to do so. Halloween.**

**And go howl at the moon but,
Don't get carried away,
because it doesn't take
a crystal ball to know that...**



Drinking and Driving KILLS!!



**Plan to be safe and enjoy
the Halloween fun.
Evaluate your potential
risks before you head out.
Manage them like you
planned**



Whether you're running a cross-town errand or ready to embark on a snow country weekend, winter driving can present some serious hazards. The following winter driving tips will help make your excursions safer.

Get a grip. Brand new all-season or "snow tires" will perform better than tires that are nearing their limit of reliable tread wear (no less than 2/32 inch). A tire's tread should not be allowed to wear down margin. It's equally important to maintain the pressure listed by the vehicle manufacturer in the owner's manual.



Assemble an emergency kit. A plastic milk crate or tote bag will hold gloves, a scarf, knit cap, extra clothing, ice scraper, dishrag, safety goggles, flashlight, flares, jumper cables, water, energy bars and a first aid kit. Other safety items include boots, blankets, a snow shovel and snow brush. Keep a bag of sand or two pieces of burlap on hand for extra traction.

Buckle everybody up. Before you set out in a vehicle, everyone needs to be properly restrained. Children under age 12 should travel in the back seat in an age-appropriate child safety restraint. Everyone should wear a safety belt.

Make sure your vehicle is visible. Remove all snow and ice from the front and rear windshields, headlights and taillights before you drive off. Drive with headlights



Slow down and spread out. The 2-second rule can help you establish safe following distances at any speed. Here's how it works. Observe the car directly in front of you as it passes a stationary object. Maintain your speed and count, "one thousand and one, one thousand and two," and note whether your vehicle passes that same object within those 2 seconds. It shouldn't. Increase the number of seconds accordingly. On icy roads, in heavy snowfall or in dense traffic, you'll need to slow down and double or even triple the 2-second count to create a safe buffer zone.

Be gentle and deliberate at the controls. Avoid braking too hard or abruptly, which can cause one or more wheels to lock. Avoid stepping too forcefully on the accelerator, which causes wheels to over spin on slippery surfaces. Both wheel lockup and wheel spins cause tires to lose traction. If you're trying to slow your vehicle and you sense lockup or feel that the vehicle is about to skid, squeeze or pump the brake pedal, allowing time for the vehicle to



**THE
END**

